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SUUNTO
FOOT POD

USER'S GUIDE

SUUNTO

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While we have taken great care to ensure that information contained in this documentation is both comprehensive and accurate, no warranty of accuracy is expressed or implied. Its content is subject to change at any time without notice.

1. INTRODUCTION

Suunto Foot POD is an accessory for your Suunto t3, Suunto t4 or Suunto t6 heart rate monitor. It is a light-weight, wireless speed and distance sensor suitable for activities where footsteps are taken in an even stride such as running, jogging or walking.
It measures speed and distance by tracking and recreating the motion of the foot in the air. Unlike conventional pedometers, it measures each stride individually. Therefore it displays the correct speed and distance information even when you vary your stride length e.g. when running uphill or downhill.
Unlike the GPS, the Suunto Foot POD functions both outdoors and indoors because it measures the stride length with built-in acceleration sensors.
It is firmly attached to your shoe laces with easy-to-use clips that assure that it does not become loose even when running in demanding conditions.
When paired with your Suunto t3, t4 or t6 heart rate monitor and properly calibrated, Suunto Foot POD measures your distance and speed information accurately and effortlessly.

NOTE: *Suunto Foot POD does not get an accurate reading with activities involving fast acceleration, turns, jumps, side steps and abrupt halts, for example racquet sports.*

NOTE: *The* heart rate monitor *functions related to the use of your Suunto Foot POD are explained in the individual Suunto t3, t4 and t6 instruction manuals. You can download the latest version of the manuals at www.suunto.com/training.*

2. BEFORE USE

2.1. PAIRING YOUR FOOT POD

Before you can use your Suunto Foot POD, you have to pair it with your Suunto heart rate monitor. This process can be compared to the tuning of a radio. To be able to listen to a specific radio station, you have to tune the radio to the correct frequency. Similarly, to be able to use your Suunto heart rate monitor with a specific Foot POD, you must pair them with each other. This is only necessary when you use your Foot POD for the first time.
To pair your Foot POD with your Suunto heart rate monitor:

1. **In your Suunto t3 or Suunto t4**, go to Training mode settings and select *Pair a POD* and then *Foot*.
   In your Suunto t6, go to the Training menu and select *Pair* and then *Foot POD* (if your device has a serial number 50500000 or higher) or *Spd sens (*if your device has a serial number 50499999 or lower). The message 'TURN ON NEW DEVICE' is displayed.
2. Turn the Foot POD on.
3. **Your Suunto t3 or t4** will display "Paired" or, if pairing failed, return to the *Pair a POD* menu.
   Your Suunto t6 will display either '"PAIRING COMPLETE" or, if pairing failed, "NO DEVICES FOUND" within 30 seconds.
4. If pairing fails, make sure that there are no active ANT transmitters such as HR belts nearby and repeat steps 2-3.

After successful pairing, your heart rate monitor will display a new mode called Speed/Distance. There you can view all the Speed and distance-related information while you are on the move.
If you would like to use the Suunto t6 (serial number 50499999 or lower) simultaneously with both the Bike POD and the Foot POD, Suunto offers a free update of your Suunto t6. Please send your Suunto t6 and the Foot POD proof of purchase to your nearest Suunto Service Center and you will be provided with an update of your Suunto t6. Please remember to pay the postal costs.
For information on Suunto Service Center locations visit www.suunto.com.

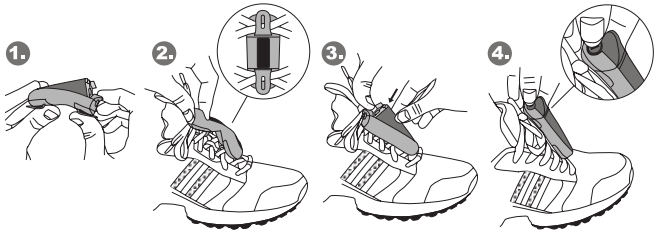
3. USING YOUR FOOT POD

3.1. ATTACHMENT

The Foot POD is attached to the laces of your running shoes. Make sure that the laces are tight before attachment.

1. Remove the pod from the cover
2. Attach the cover to the laces. Select laces that are no more than 2 cm (¾ inches) apart. Make sure that both laces cross each other underneath the attachment ridge.
3. Insert the pod inside the cover front (logo) first. (To ensure accurate measurement, make sure the device is not tilted to left or right and cannot move around.)

4. Turn the Foot POD on.



3.2. ACTIVATION AND DEACTIVATION

To activate the Foot POD, press and hold the power button until the LED light starts to blink. To deactivate the pod, press and hold the button until the LED light disappears.

3.3. CONNECTION

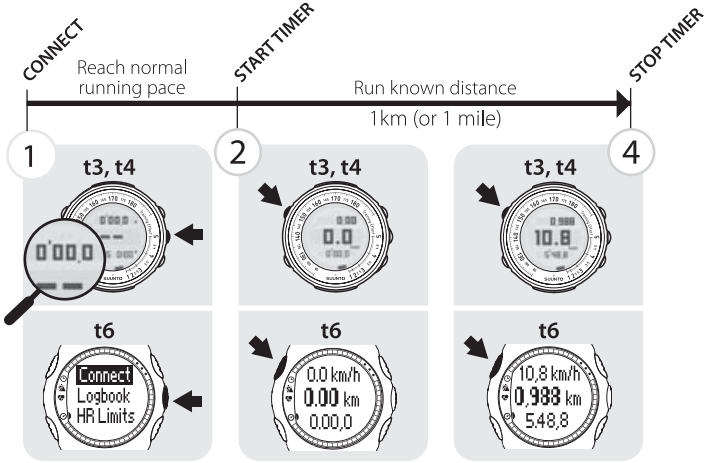
To use your Foot POD, you must establish a connection between it and your heart rate monitor. This can be compared to listening to a radio. To be able to receive the radio broadcast signal, you need to switch the radio on. Similarly, for your heart rate monitor to be able to receive the signal from your Foot POD, the devices must be connected. You need to establish the connection every time you want to use your heart rate monitor with your Foot POD.

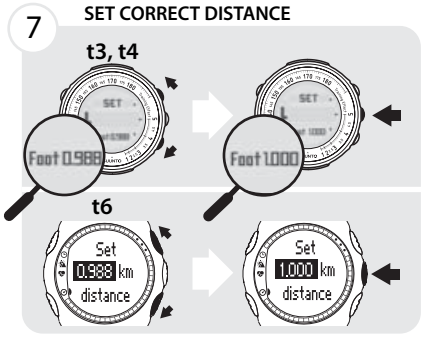
1. Activate the Foot POD.
2. **In your Suunto t3 or Suunto t4**, enter Training mode or start the stopwatch.
   In your Suunto t6, select *Connect* in the Speed/Distance menu.
3. Your heart rate monitor informs you when the Foot POD has been found.

Suunto t3 or Suunto t4: If the connection fails, the message “Searching” disappears from the bottom row of the display and the selected shortcut returns. In this case, ensure that the Foot POD is active and try again.
Suunto t6: If the connection fails, ”NO DEVICES FOUND” is displayed on the screen. In this case, ensure that the Foot POD is active and try again.

3.4. CALIBRATION

To ensure that your measurements are accurate, you must first calibrate the Foot POD using your heart rate monitor. Perform the calibration on an accurately measured course, for instance on a 400m running track.

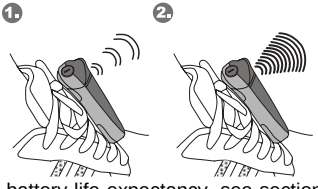




1. Turn the Foot POD on. Set your heart rate monitor to Training mode and Connect the Foot POD with it.
2. Start running at your usual pace. When you cross the starting line, start the stopwatch.
3. Run a distance of 800–1000 m (about 0.500–0.700 miles) at your usual pace. (e.g. two laps on a 400m track).
4. Stop the stopwatch when you reach the finish line.
5. **In your Suunto t3 or Suunto t4**, select *Calibrate* in Speed and Distance mode settings.
   In your Suunto t6, select *Calibrate* in the Speed/Distance menu.
6. Select *Foot POD*.
7. Adjust the measured distance (e.g. 0.988 km) to the real covered distance (e.g. 1.000 km) with UP/DOWN and press ENTER to finish the calibration.
8. The device calculates and displays the calibration factor on the second row of the display. Alternatively, you can provide the calibration factor manually using the UP/DOWN buttons.

NOTE: *If you are training at different paces, you will reach the best accuracy by using different calibration factors for slow and fast running. For marathons, we recommend calibrating the Foot POD at your target marathon pace.*

3.5. REPLACING THE BATTERY



When the battery has enough power, the LED on the Foot POD blinks twice per second (Figure 1). When the battery level is low, the LED blinks continuously (Figure 2). When the battery level is low, or the battery life significantly differs from the operational times mentioned in this manual, you need to replace the battery.
NOTE: For more information on estimated battery life expectancy, see section 5. Technical Specifications. There may be differences in the operation time of Suunto Foot POD depending on type of battery, operating temperature and use.

NOTE: *If you switch on the Foot POD in room temperature and take it out to the cold, battery consumption will increase. If the battery is already low, this may result in it emptying quickly.*

To replace the battery:
1. Remove the pod from the cover.
2. Open the battery compartment cover with a coin.
3. Remove the old battery.
4. Replace the battery and close the battery compartment.
5. Insert the pod back inside the cover.

NOTE: *Replace the battery with extreme care to ensure that your Foot POD remains water-resistant. Careless battery replacement may void warranty.*

4. SUUNTO TRAINING MANAGER

While using Suunto Foot POD, the speed and distance data is recorded by your Suunto heart rate monitor. This data can be displayed in graph form and analyzed in more detail with Suunto Training Manager software. The software is included with Suunto t6. With the Suunto t3 and Suunto t4, you need to buy Suunto PC POD to be able to transfer the data to your computer before using Suunto Training Manager. You can always download the latest version of the Suunto Training Manager free of charge from www.suunto.com.

5. TECHNICAL SPECIFICATIONS

- **Weight:** 45 g (including battery)
- **Water-resistance:** 30 m / 100 ft. (ISO 2281)
- **Operating temperature:** -20°C to +60°C / -5°F to +140°F
- **User replaceable battery:** 1,5 V size AAA / LR03 (Recommended battery, Duracell normal alkaline)
- **Transmission range:** up to 10 m / 30 ft.
- **Accuracy:** When calibrated, typically better than 3% at 0°C to +40°C / +32°F to +104°F (valid with speeds from 1.5 m/s to 5.5 m/s / 4.5 ft/s to 16.5 ft/s)
- **Frequency:** 2.465 GHz ANT Compatible
- **Battery life:** up to 50 h at 20°C / 68°F, up to 35 h at 0°C / 32°F, up to 27 h at -10°C / 14°F

6. INTELLECTUAL PROPERTY

6.1. COPYRIGHT

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6.2. TRADEMARK

Suunto and Replacing Luck are registered trademarks of Suunto Oy. Suunto t3, Suunto t4, Suunto t6 and other Suunto product, feature and content names are registered or unregistered trademarks of Suunto Oy. Other product and company names are trademarks of their respective owners.

6.3. PATENT NOTICE

This product is protected by US6,513,381, US6,301,964, US5,955,667 patents and corresponding non-US patents. Other patents have been applied for.

7. DISCLAIMERS

7.1. USER'S RESPONSIBILITY

This instrument is intended for recreational use only. Suunto Foot POD must not be substituted for obtaining measurements that require professional or industrial precision.

7.2. CE

The CE mark is used to mark conformity with the European Union EMC directives 89/336/EEC and 99/5/EEC.

7.3. ICES

This Class [B] digital apparatus complies with Canadian ICES-003.

7.4. FCC COMPLIANCE

This device complies with Part 15 of the FCC limits for class B digital devices. This equipment generates, uses, and can radiate radio frequency energy and, if not installed or used in accordance with the instructions, may cause harmful interference to radio communications. There is no guarantee that interference will not occur in a particular instance. If this equipment does cause harmful interference to other equipment, try to correct the problem by relocating the equipment.
Consult an authorized Suunto dealer or other qualified service technician if you cannot correct the problem. Operation is subject to the following conditions:
(1) This device cannot cause harmful interference.

(2) This device must accept any interference received, including interference that may cause undesired operation.
Repairs should be made by authorized Suunto service personnel. Unauthorized repairs will void warranty.
Tested to comply with FCC standards. For home or office use.
FCC WARNING: *Changes or modifications not expressly approved by Suunto Oy could void your authority to operate this device under FCC regulations.*

7.5. LIMITS OF LIABILITY AND ISO 9001 COMPLIANCE

If this product should fail due to defects in materials or workmanship, Suunto Oy will, at its sole option, repair or replace it with new or rebuilt parts, free of charge, for two (2) years from the date of its purchase. This warranty is only extended to the original purchaser and only covers failures due to defects in materials and workmanship that occur during normal use while in the period of the warranty.
It does not cover battery, battery replacement, damage or failures resulting from accident, misuse, neglect, mishandling, alteration or modifications of the product, or any failure caused by operation of the product outside the scope of its published specifications, or any causes not covered by this warranty.
There are no express warranties except as listed above.
The client can exercise the right to repair under the warranty by contacting Suunto Oy's Customer Service department to obtain a repair authorization.
Suunto Oy and its subsidiaries shall in no event be liable for any incidental or consequential damages arising from the use of or inability to use the product. Suunto Oy and its subsidiaries do not assume any responsibility for losses or claims by third parties that may arise through the use of this device.
Suunto's Quality Assurance System is certified by Det Norske Veritas to be ISO 9001 compliant in all Suunto Oy's operations (Quality Certificate No. 96-HEL-AQ-220).

7.6. AFTER SALES SERVICE

If a claim under warranty appears to be necessary, return the product, freight prepaid, to your Suunto representative who is responsible for having your product repaired or replaced. Include your name, address, proof of purchase and/or service registration card, as required in your country. The claim will be honored and the product repaired or replaced at no charge and returned in what your Suunto representative determines a reasonable amount of time, provided that all necessary parts are in stock. All repairs that are not covered under the terms of this warranty will be made at the owner's expense. This warranty is non-transferable from the original owner.
You can locate your local Suunto representative at www.suunto.com.

8. DISPOSAL OF THE DEVICE

Please dispose of the device in an appropriate way, treating it as electronic waste. Do not throw it in the garbage. If you wish, you may return the device to your nearest Suunto representative.

www.suunto.com

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